



## What is Diabetes?

- When you have diabetes, your body has a hard time keeping your blood sugars (blood glucose) at the normal level.
- This can happen when your pancreas does not make enough insulin.
- Diabetes can also happen when your body does not use insulin very well.

Figure 1. Percent of People with Diabetes in Indiana, 2014

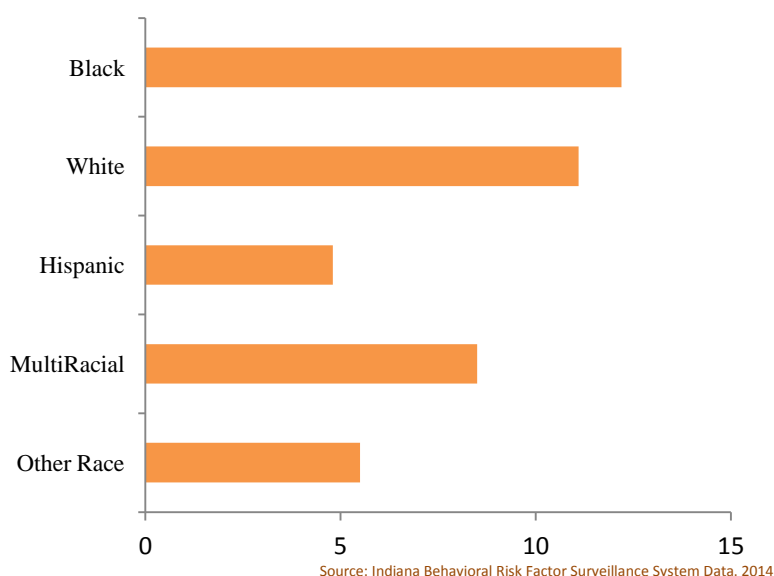
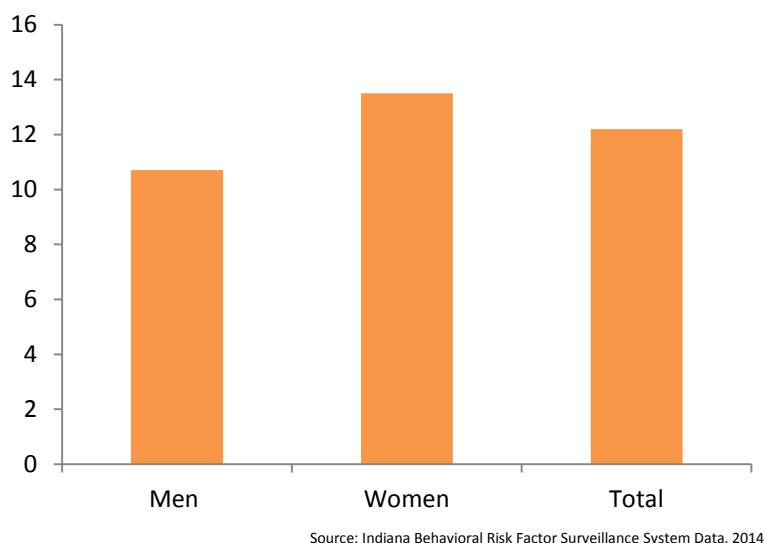


Figure 2: Percent of Diabetes prevalence by gender, Indiana 2014



## Diabetes among African Americans in the United States

- African Americans are almost twice as likely to be diagnosed with type 2 diabetes as non-Hispanic whites. [Figure 1]
- African Americans are more likely to suffer complications from type 2 diabetes, such as end-stage renal disease and lower extremity amputations.<sup>2</sup>
- The risk of diabetes is 77% higher among African Americans than among non-Hispanic white Americans.<sup>2</sup>
- In 2010, non-Hispanic blacks were 4.2 times more likely to be diagnosed with diabetes-related end stage renal disease as compared to non-Hispanic whites.<sup>2</sup>
- In 2012, non-Hispanic blacks were 3.5 times more likely to be hospitalized for diabetes-related lower limb amputations as compared to non-Hispanic whites.<sup>2</sup>
- In 2013, African Americans were twice as likely as non-Hispanic Whites to die from diabetes complications.<sup>2</sup>

## Diabetes among African Americans in Indiana

- Diabetes is the 4<sup>th</sup> leading cause of death among African Americans in Indiana.<sup>3</sup>
- African American women are more likely to be told they have diabetes by a healthcare provider. [Figure 2]
- 12.2 percent of African Americans have been told that they have diabetes by a healthcare provider.<sup>1</sup>



## Risk factors for type 2 diabetes<sup>4</sup>

- ❑ [Prediabetes](#)
- ❑ A parent or sibling with diabetes
- ❑ Physical inactivity
- ❑ Being overweight or obese
- ❑ Women with polycystic ovarian syndrome
- ❑ History of low HDL cholesterol, high triglycerides, or high blood pressure
- ❑ Visceral fat distribution, such as abdominal storage of fat
- ❑ Smoking
- ❑ Some medications prescribed for other conditions increase the risk for insulin resistance, which may lead to diabetes.

## TAKE ACTION: Steps you can take to prevent or manage diabetes

- ❑ Manage your diabetes with guidance from your health care provider.
- ❑ Maintain a healthy [blood pressure](#).
- ❑ Maintain a healthy [cholesterol](#) level.
- ❑ Be [tobacco free](#).
- ❑ Maintain a [healthy weight](#).
- ❑ Eat a healthy [diet](#).
- ❑ Participate in regular [physical activity](#).
- ❑ Monitor any changes in health status when being treated or taking medications for other conditions.

## Community resources

- ❑ For a listing of diabetes programs by county, visit the [Indiana Diabetes Education and Support Program Directory](#).
- ❑ [Diabetes Prevention Program \(DPP\)](#): A program that aids in prevention of type 2 diabetes for individuals who are at risk of diabetes.
- ❑ [Indiana's Community Health Centers](#): These local consumer-driven, primary health care services by state-licensed professionals which are comprehensive in scope and coordinated within the community.
- ❑ For mental health services, visit the [Community Mental Health Services Locator](#).
- ❑ [Million Hearts](#): A national initiative to prevent one million hearts attacks and stroke over five years.
- ❑ [WISEWOMAN](#): (Well-Integrated Screening and Evaluation for Women Across the Nation Program). WISEWOMAN provides cardiovascular screening to women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP)
- ❑ [Indiana Tobacco Quitline](#): A free phone-based service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669)

## References

1. Indiana State Department of Health. (2014). *Behavioral Risk Factor Surveillance System*.
2. Office of Minority Health. (2016, May 05). Retrieved May 24, 2016, from <http://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4>
3. Indiana State Department of Health. Vital Records, 2014.